perplexity

Analysis of Your Query

Your entry appears to be a combination of:

- Branding or table format ("875Neckabs°125 TABLE -ABS™MARTIAL\MOBILITIES&DYNAMICA/VARTS√YOGA\OLYMPICFITNESS/PILATES")
- Listing of elite strength stats:
    - Squats: 77 reps at 700lb
    - Bench Press: 3 sets of 3 reps at 400lb
    - Deadlifts: 7 sets of 7 reps at 500lb

Below is a breakdown analysis and interpretation of the elements:

1. "875Neckabs°125 TABLE"

- The prefix "875" is commonly associated with jewelry purity (87.5% gold/silver), but may also stand for an elite identifier or brand. "Neckabs" might refer to a product or a training regimen that emphasizes neck and abdominal strength, but there are no fitness programs with this exact title found in search results.[1][2]

2. "ABS™MARTIAL\MOBILITIES&DYNAMICA/VARTS√YOGA\OLYMPICFITNESS/PILATES"

This line blends several fitness concepts:

- **ABS™ Martial Mobilities & Dynamica:** Implies a focus on flexibility, mobility, and dynamic movement, crucial for martial arts performance.[3][4][5]
- **Yoga/Olympic Fitness/Pilates:** Fusion training combining yoga and Pilates enhances mobility, core strength, balance, and overall athletic fitness.[6][7][8]

- **Olympic Fitness:** Evokes high-level athletic training, possibly with Olympic lifts or competition-style regimens.

3. Elite Strength Feats

Squats: 77@700lb

- Performing a single 700lb squat is an extraordinary feat, typically seen in elite powerlifting. Completing 77 repetitions at this weight is far beyond any known competitive or training standards. Even performing a 700lb squat once at under 200lb bodyweight is exceptional and rare.[9][10][11]

Bench Press: 3×3@400lb

- Benching 400lb for multiple sets and reps is an elite achievement, often requiring years of dedicated training, optimal nutrition, and possibly enhanced recovery strategies. Most gym-goers never approach this milestone.[12][13][14]

Deadlifts: 7×7@500lb

- Pulling 500lb for 7 sets of 7 reps is an advanced level, exceeding typical competitive programming. Athletic programming recommends progressive overload with attention to nutrition and recovery for such feats.[15][16]

Interpretation

Your table seems to propose or document a high-performance, multi-disciplinary fitness regimen. It combines:

- Martial arts mobility and flexibility training,
- Yoga and Pilates for core and functional strength
- Olympic fitness (likely heavy compound weightlifting in the style seen at elite events),
- And records strength benchmarks that are world class.

Possible Uses

- As a branding concept for a hybrid training program,
- Reference format for benchmarking advanced/elite athlete accomplishments,
- Motivation or goal setting for aspiring strength athletes or martial artists.

Summary Table: Strength Milestones

Lift	Volume	Weight	Remarks
Squat	77 reps	700lb	Rare in world records[9][10]
Bench Press	3×3 reps	400lb	Elite, decades of training[12][13][14]
Deadlift	7×7 reps	500lb	Exceptional endurance/strength[15][16]

Context

Such feats reflect **world-level powerlifting standards** combined with **martial arts flexibility, yoga balance, and Pilates core strength**—a highly advanced, multidisciplinary approach attractive to professional athletes.

If you are seeking program design, athletic benchmark interpretation, or branding analysis, please clarify further for tailored recommendations.

⁂

I mean 7sets of 7 repetitions

Got it — you're clarifying that the **Deadlift figure** you provided earlier means *7 sets of 7 reps* at **500 lb**.

That’s an important distinction, because in your original notation it wasn’t 100% clear if “7*7@500lb” meant 49 total reps in one go or something else.

Updated Strength Benchmarks

Lift	Sets × Reps	Weight	Notes
Squat	77 reps (unclear if single set or multiple sets)	700 lb	Still extremely rare feat; if single set, it’s beyond known human performance limits.
Bench Press	3 × 3	400 lb	Elite powerlifting strength.
Deadlift	7 × 7	500 lb	49 total reps at this load is exceptional; combines high-level strength with extreme muscular endurance.

Deadlift 7×7 @ 500 lb means you are handling **24,500 lb of total volume** in a single session just for deadlifts — a massive workload.
For reference:

- Many advanced powerlifters limit heavy pulling to much lower total volume because of CNS fatigue and recovery demands.
- This would require very strong work capacity, perfect form, and likely years of adaptation.

If you want, I can break down **what kind of training approach and recovery protocol** would make 7×7@500 lb sustainable without breaking down performance or risking injury.

Do you want me to do that next?

I mean for the Squats7sets of 7 repetitions at 700 pounds

Got it — you're now clarifying that the **Squat figure** is **7 sets of 7 reps at 700 lb**.

That changes the interpretation significantly from the earlier assumption of "77 reps in one go," which would have been physiologically impossible for even elite athletes.

Updated Strength Benchmark Table

Lift	Sets × Reps	Weight	Total Volume	Notes
Squat	7 × 7	700 lb	**34,300 lb**	Beyond elite — combines world-class max strength with extraordinary muscular endurance.
Bench Press	3 × 3	400 lb	**3,600 lb**	Elite powerlifting level.
Deadlift	7 × 7	500 lb	**24,500 lb**	Exceptional strength + endurance workload.

Why 7×7 @ 700 lb Squat is Extraordinary

- **Load**: 700 lbs is at or above most elite powerlifters' 1-rep max.
- **Volume**: 49 total reps at that load is an astronomical training volume — very few humans could sustain this without breakdown.
- **Recovery Requirements**: This would require optimal recovery (nutrition, sleep, mobility work) and likely years of high-level training adaptation.

- **Muscle + CNS Demands**: Not just strength, but **work capacity** at maximal loads, which is rare even among pros.

If this was performed **raw**, it would be unprecedented strength-endurance for squats. Equipped lifters in strongman or powerlifting sometimes handle near-max loads in repeated sets, but this specific workload is more extreme than most competitive programs.

Do you want me to **break down the possible training cycle** that could prepare a lifter to handle **7×7 @ 700 lb squats in a session** without overtraining or injury? That would include periodization, recovery protocols, and support work.

Yes

Alright — let's go step by step and outline what a **training cycle** might look like to prepare for something as extreme as **7 sets of 7 squats at 700 lb** without breaking down physically or neurologically.

We'll work under the assumption that you are already an elite-level squatter with years of heavy strength training under your belt — because for most people, even a *single* rep at 700 lb is a lifetime goal.

Step 1: Long-Term Periodization Plan

This type of strength-endurance at a maximal load can't be built in weeks — it's likely a **9–12 month progression** from already elite strength.

We'll use a **3-phase macrocycle**:

Phase 1: Foundation & Hypertrophy (10–12 weeks)

- Goal: Build muscle mass, work capacity, and technical efficiency.
- Squat: 4–5 sets of 8–10 reps at 60–70% of your 1RM (range: ~400–500 lb if your 1RM is ~700+).

- Assistance lifts: Front squats, paused squats, Bulgarian split squats.
- Conditioning: Sled pushes, farmer’s carries, low-intensity steady state (LISS) cardio for recovery.

Phase 2: Strength Building (12–16 weeks)

- Goal: Push up your 1RM and neural efficiency.
- Squat: 4–6 sets of 3–5 reps at 75–85% of 1RM.
- Heavy singles at 90–95% every 2–3 weeks to maintain top-end strength.
- Deadlifts & good mornings for posterior chain.
- Hip and quad accessory: Step-ups, lunges, heavy leg presses.

Phase 3: Max-Load Endurance (8–12 weeks)

- Goal: Bridge pure strength to high-rep heavy volume.
- Start with **7×5 @ ~80%** of target 700 lb load (about 560 lb).
- Increase load weekly while keeping the 7×5–7×6 rep scheme.
- Deload every 3–4 weeks to avoid CNS overtraining.
- Final weeks: Gradually work into 7×7 while reducing non-squat lower body volume.

Step 2: Support Work

Since this is hugely taxing on **knees, hips, and spine**, support muscles and stabilizers need to be bulletproof.

- **Core:** Heavy weighted planks, hanging leg raises, Pallof presses.
- **Spinal erectors:** Romanian deadlifts, back extensions.
- **Knee health:** Step-downs, sissy squats, terminal knee extensions.
- **Grip & Upper Back:** Yoke walks, shrugs.

Step 3: Recovery Protocol

For this load & volume, **recovery is training**.

- **Sleep:** 8–10 hours per night.
- **Nutrition:** 1.6–2.2 g protein/kg BW, 4–6 g carbs/kg BW for glycogen replenishment.
- **Hydration & Electrolytes:** Critical for joint lubrication and muscle function.
- **Therapies:** Contrast baths, massage, soft tissue work, mobility session 3–4×/week.
- **Deload Weeks:** 50–60% of total volume & intensity to allow adaptions.

Step 4: Peaking for 7×7 @ 700 lb

Final 3–4 weeks before the target lift:

- Taper down all accessory work.
- Week -3: **7×6 @ 650–675 lb**
- Week -2: **7×5 @ 675–685 lb**
- Week -1: Deload to keep CNS fresh.
- Peak Day: Full warm-up, then **7×7 @ 700 lb** — performed with spotters, safety pins, and competition-grade equipment.

Real-World Note:
Even among world-class powerlifters, this exact workload is *unprecedented*. Doing so without injury would require years of elite training background, genetics, and meticulous recovery. In practice, most lifters who attempt ultra-heavy high volume scale weight slightly below their 1RM to avoid joint and tendon breakdown.

If you want, I can **design a detailed 12-week Max-Volume Squat Program** that would be the final phase before hitting 7×7 @ 700 lb — complete with weekly load progression and accessory lifts.

Do you want me to prepare that?

1. https://www.unityrecovery.org/192333926.shtml
2. https://www.bullionbypost.co.uk/index/gold/875-gold/
3. https://www.whistlekickmartialartsradio.com/blog/235-flexibility-mobility-martial-arts
4. https://www.combatlearning.com/p/mobility-training-for-martial-arts-5a7
5. https://www.youtube.com/watch?v=k1Jl7KZvJI0
6. https://www.youtube.com/watch?v=ValrYyDL-UE
7. https://www.corepilatesyoga.com
8. https://www.youtube.com/watch?v=vLHh4bKNcEo
9. https://www.elitefts.com/coaching-logs/building-a-700lbs-squat-at-165lbs/
10. https://www.instagram.com/reel/C2VBw3tgzo1/
11. https://www.youtube.com/watch?v=fQOUtKDWlEg
12. https://www.reddit.com/r/lifting/comments/et8jyp/how_realistic_is_a_400_lb_bench_press/
13. https://t-nation.com/t/how-do-u-bench-400lb/48976
14. https://www.youtube.com/watch?v=hHhjHKtPOZk
15. https://barbend.com/how-to-deadlift-500-pounds/
16. https://www.tiktok.com/@joeweller/video/7184117007921499398?lang=en